

# MENTAL HEALTH AND WELLBEING IN EDUCATION

CODE 7707

**Thursday 5th December 2019**  
**Manchester**

1st Delegate Rate **£249**+VAT

2nd Delegate Rate **£229**+VAT

## KEYNOTE SPEAKERS INCLUDE:

### **Helen Ford**

*Integrated Care System Lead, Children's  
Mental Health and Maternity, NHS  
Gloucestershire Clinical Commissioning  
Group*

### **Fiona Quan**

*Lead for Health and Wellbeing (Education  
and Learning), Gloucestershire County  
Council*

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# CONFERENCE AIMS

Is your school taking mental health seriously enough? Is improving mental health a learning priority for you?

According to a recent National Education Union survey, more than eight out of 10 school leaders, teachers and support workers feel that the mental health of pupils in England has deteriorated in the past two years – with rising reports of anxiety, self-harm and even cases of suicide – against a backdrop of limited support in schools.

The government has made children's mental health a priority with additional funding and a new compulsory health education that intended to teach children how to look after their mental wellbeing and recognise when friends are struggling. The Transforming Children and Young People's Mental Health Provision green paper aims to implement initiatives including wellbeing assessments for pupils, embedding mental health in the curriculum, and improving links with mental health services, as well as establishing trailblazers to deliver interventions for mild to moderate mental health issues and helping those with more severe needs to access the right support.

Aiming to help schools and colleges respond to the explosion in demand for social, emotional and mental health support, this conference will provide advice on effective working with CAMHS and other services as well as how to support pupils in school. Built around examples of what really works in the development of holistic and sustainable approaches to mental health, the agenda will offer a clear understanding of what is being done to put government policy into practice as well as practical guidance on specific issues including ACEs and trauma-informed strategies, resilience building and stress reduction, responding to challenging behaviour, transition from primary to secondary, as well as strategies to address self-harm and anxiety, depression, exam stress and much more.

Join us for the Mental Health and Wellbeing in Education conference to build a toolkit of positive, practical strategies which will help you to help your young people to be who they want to be. Hear from people who truly understand the challenges faced by senior leaders and teachers, and join up thinking and working across key stakeholders including CAMHS, child and youth services, public health, primary care and more to support the development of sustainable services across the education sector

## BENEFITS OF ATTENDING:

- Gain Hear directly from young people about what works for them, and what doesn't, providing an essential foundation for a sustainable mental health strategy
- See what is being done to put government policy into practice, in particular the Transforming children and young people's mental health trailblazers, with early lessons from the training and operationalisation of the first Mental Health Support Teams
- Inform your understanding of ACEs and the development of trauma-informed strategies
- Obtain workable strategies for building resilience and reducing stress
- Build a toolkit of practical, approaches to support mental health and wellbeing in your school or college, including:
  - Appropriate responses to challenging behaviour
  - Support for self-harm and anxiety
  - Preparation for transition to secondary school
  - How to manage suicidal conversations
  - Supporting pupils with depression, anxiety, exam stress and eating disorders
- Understand how to embed a holistic and sustainable whole-school approach to mental health and wellbeing
- Engage with other key agencies and develop better mechanisms for collaboration and communication

## WHO SHOULD ATTEND:

Primary and secondary schools, SCITTs, research schools, teaching schools, local authorities.

- Assistant Headteachers
- Chief Executives
- Curriculum Deputies
- Curriculum Design Leads
- Curriculum Leads
- Deputy Headteachers
- Directors of Studies
- Executive Headteachers
- Executive Principals
- Governors with Curriculum Oversight
- Headteachers
- Subject Leaders
- Vice Principals

# PROGRAMME

TIME

<b>Registration and coffee in the networking area</b>	8.30 – 9.30am
<b>Chair's opening address</b> <b>Tara Porter</b> <i>Clinical Psychologist, Royal Free London NHS Trust and Anna Freud National Centre for Children and Families (confirmed)</i>	9.30 – 9.40am
<b>"What works for me, and what doesn't"</b> <b>Young Minds</b> Youth Panel Member <i>(invited)</i>	9.40 – 10.10am
<b>Transforming children and young people's mental health: putting policy into practice</b> <b>Department for Education</b> <i>(invited)</i>	10.10 – 10.20pm
<b>Questions and discussion</b>	10.20 – 10.35pm
<b>Trailblazer panel discussion – "Early lessons from the training and operationalisation of the first Mental Health Support Teams"</b> <b>Helen Ford</b> <i>Integrated Care System Lead, Children's Mental Health and Maternity, NHS Gloucestershire Clinical Commissioning Group (confirmed)</i> <b>Fiona Quan</b> <i>Lead for Health and Wellbeing (Education and Learning), Gloucestershire County Council (confirmed)</i> <b>Mina Fazel</b> <i>Associate Professor, Department of Psychiatry, University of Oxford (invited)</i>	10.35 – 11.15pm
Coffee and networking	11.15 – 11.35am
<b>Understanding ACEs and developing trauma-informed strategies</b> <b>Tony France</b> <i>Director, Headsight (confirmed)</i>	11.35 – 12.00pm
<b>Workable strategies for building resilience and reducing stress</b> <b>Heather Fowler</b> <i>Designated Safeguarding Lead/Pastoral Manager, Westgate Primary School (confirmed)</i>	12.00 – 12.25pm
<b>Questions and discussion</b>	12.25 – 12.40pm
Lunch and networking	12.40 – 1.30pm
<b>Breakout session</b>	1.30 – 2.45pm
<b>Stream A:</b> <b>Primary Schools</b>	<b>Stream B:</b> <b>Secondary Schools and Colleges</b>
1.30pm <b>Appropriate responses to challenging behaviour</b> <b>Tony France</b> <i>Director, Headsight (confirmed)</i>	1.30pm <b>Strategies to address self-harm</b>
1.50pm <b>Support for self-harm and anxiety</b> <b>Becki Coombe</b> <i>Director, The Learn2 Group (confirmed)</i>	1.50pm <b>How to manage suicidal conversations</b> <b>Ged Flynn</b> <i>Chief Executive, PAPYRUS Prevention of Young Suicide (confirmed)</i>
2.10pm <b>Preparation for transition to secondary school</b> <b>Jeremy Piper</b> <i>CEO, Diocese of Bristol Academies Trust (confirmed)</i>	2.10pm <b>Supporting pupils with depression, anxiety, exam stress and eating disorders</b>
2.30pm <b>Questions and discussion</b>	2.30pm <b>Questions and discussion</b>
Coffee and networking	2.45 – 3.00pm
<b>Embedding a whole-school approach to mental health and wellbeing</b> <b>Jane Milward</b> <i>Chief Executive, E-ACT Academy Trust (invited)</i>	3.00 – 3.25pm
<b>Supporting collaborative working across schools, CAMHS and other agencies</b> <b>Hertfordshire County Council</b> <i>(invited)</i>	3.35 – 4.05pm
<b>Chair's closing remarks</b>	4.05pm



*Very interesting and engaging keynote speakers - fantastic breadth of knowledge and experience.*

Team Manager, Education  
Access and Partnerships,  
Nottinghamshire County Council



*Brilliant conference with lots of refreshing ideas, really good content and delivery.*

Assistant Head Teacher,  
Winchmore School



*Professional and impressive conference with inspiring, passionate and empowering speakers!*

Lead Intervention Teacher,  
Hampton College

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**Keynote Educational Limited**  
PO Box 130, Wilmslow, SK9 1WD

T: **01625 532974**

F: **01625 532524**

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# SAFEGUARDING IN SCHOOLS CONFERENCE:

## working together to keep children and young people safe

CODE 7657

### Thursday 28th November 2019 Central London

**Keynote Speakers Include:**

**Judy Shaw**

*President, NAHT and Headteacher, Tuel Lane Infant School*

**Anna Cole**

*Parliamentary and Inclusion Specialist, ASCL*

**Jon Drake**

*Lead for Safeguarding, National Police Chiefs' Council*

Offering a clear understanding of the latest regulatory requirements for safeguarding, the Safeguarding in Schools conference has been established to promote best practice in effective collaboration across statutory and non-statutory bodies. Focusing on the intersection between safeguarding, wellbeing, behaviour and attendance, the agenda will cover themes including successful emotional and mental health response arrangements; effective approaches to gang-based violence including county lines, CSE and CCE; and best practice in online safety, peer-on-peer abuse and contextual safeguarding. The only such event to be researched directly with key stakeholders from across primary and secondary schools, sixth form colleges, local authorities and more, this conference is built around speakers and sessions which will equip you with practical solutions to take back to your school.

Join us at the Safeguarding in Schools conference to gain new knowledge from professionals with innovative and transferable approaches to safeguarding. Benefit from in-depth case scenario sessions and case studies which will leave you informed, confident and empowered to safeguard the children in your care.